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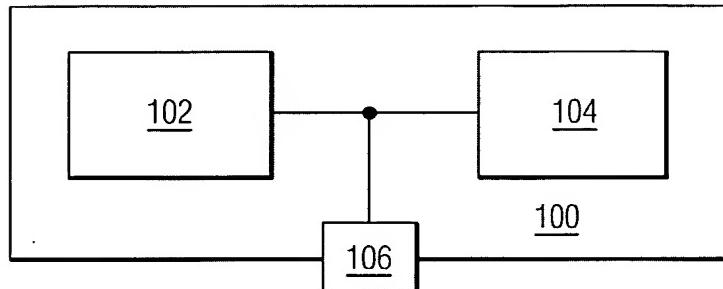
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(54) Title: AUDIO INTERVAL TRAINING DEVICE



(57) Abstract: There is provided an audio interval training device, including a sensing unit to obtain a parameter of a user in physical exercise, a memory to store a plurality of audio signals having predetermined tempos; and a processing unit configured to (1) receive a first and second target parameter value, (2) select from the plurality of audio signals a first and second audio signal having respective tempos, (3) alternatively rendering the first and second audio signals, wherein a respective audio signal is rendered to the user corresponding to the first and second target parameter value, as determined by the processing unit using the parameter from the sensing unit.

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